

EAT HEALTHY  
+ PLAY HARD



= SMART STUDENTS

A Formula for Creating  
Healthy School Environments and  
Improving Academic Performance  
through Coordinated School Health Teams



CONFERENCE:

Thursday, March 4, 2004

MICHIGAN ACTION FOR HEALTHY KIDS COALITION MEETING:

Friday, March 5, 2004

Sheraton Novi Hotel

CONFERENCE REGISTRATION

Presented by:

Michigan Department  
of Community Health



UDIM

UNITED DAIRY INDUSTRY OF MICHIGAN

In collaboration with:



Partnering  
Organizations:

American Cancer Society

American Heart Association

Genesee Intermediate  
School District

Governor's Council on  
Physical Fitness, Health & Sports

Michigan Association for  
Health, Physical Education,  
Recreation & Dance

Michigan Association  
of School Boards

Michigan PTSA

Michigan School Food Service  
Association

Michigan State University  
Extension



Thursday, March 4, 2004  
Sheraton Novi Hotel

## CONFERENCE DETAILS

### The Conference

Creating healthy school environments continues to be a goal in Michigan. Schools can improve the health and academic performance of their students by using coordinated school health teams to focus on improving the school environment and policies related to healthy eating and physical activity. The presenters and partnering organizations have joined forces to provide this unique opportunity for the second consecutive year, to understand the benefits of a healthy school environment.

### Who Should Attend?

- ✓ School district officials; including administrators, superintendents, and school board members
- ✓ School building personnel; including principals and teachers, especially health and physical education teachers, school nurses, psychologists, and counselors
- ✓ School food service personnel, including dietitians
- ✓ School parent-teacher organization representatives
- ✓ Public health professionals
- ✓ Community partners in health and education
- ✓ Local and state government officials

### Continuing Education Credits

For information on continuing education credits for teachers, registered dietitians, food service administrators and health care personnel, please call 517-663-5147 or e-mail Diane Drago at: [DMSdiane@concentric.net](mailto:DMSdiane@concentric.net)

### Location

The conference will be held at the Sheraton Novi Hotel (formerly the Novi Hilton). The Sheraton is located at 21111 Haggerty Road in Novi, Michigan, at the intersection of Eight Mile and Haggerty Roads. Take I-275 to the Eight Mile Road West exit; turn right onto Eight Mile Road and then right onto Haggerty Road. The Sheraton will be on your left. You may check the Sheraton's web site at [www.sheraton.com](http://www.sheraton.com) and click on Michigan and then Sheraton Detroit Novi for additional information.

### Hotel Guest Room Information

A small block of guest rooms has been reserved at the Sheraton Novi Hotel for the nights of March 3 and 4, at the rate of \$89 plus tax (single or double rate). You must call the hotel directly at 248-349-4000 to make your reservation and indicate that you are registering under the "Michigan Department of Community Health" conference block.

***The conference rate is only guaranteed through February 11, 2004. Room reservations must be made by February 11, or the room rate may increase.***

### Registration

Registration fees include (1) attendance at all conference sessions; (2) a healthy breakfast and lunch; (3) access to the exhibit area; and (4) program materials.

- ✓ **Early Registration by February 20, 2004:** \$50/person
- ✓ **Late Registration-After February 20, 2004:** \$75/person
- ✓ **Special Rates for School District Teams:**  
School districts can qualify for a special Team Discount by sending teams of FOUR; at least one school board member, one administrator, and two other school staff members (school nurse, teacher, dietitian, food service staff, psychologist, or counselor). If all four people attend from the same district, the TOTAL registration for all four people is \$150; instead of \$200.

### Cancellation Policy

Refunds-less a \$15 processing fee-are available for cancellations **RECEIVED IN WRITING ONLY BY FEBRUARY 27, 2004. NO REFUNDS ARE AVAILABLE AFTER FEBRUARY 27, 2004, FOR ANY REASON.**

*Please note that once a registration form is submitted and the February 27 deadline has passed without a notice of cancellation, the individual is considered liable for the registration fee whether or not he/she attends the conference.*

### For More Information on...

Registration, sponsorship and exhibits, contact Diane Drago at Diversified Management Services at 517-663-5147 (voice); 517-663-5245 (fax); or [DMSdiane@concentric.net](mailto:DMSdiane@concentric.net). Information is also available at [www.emc.cmich.edu/docs/conferences.htm](http://www.emc.cmich.edu/docs/conferences.htm)

# CONFERENCE AGENDA

**8:00 a.m.**

**Registration and Healthy Breakfast**

**8:45 a.m.**

**Welcome**

**9:00 a.m.**

**Opening Keynote Address: Get Ready! Putting the Pieces Together to Improve the Health of All Students through Coordinated School Health Programs**

**Howell Wechsler, EdD, MPH**

*Division of Adolescent and School Health*

*National Centers for Disease Control and Prevention*

Coordinated school health teams, healthy school environments, student health, staff wellness, physical activity opportunities, and healthy food options...can all be viewed as pieces in a school health puzzle. Participants will learn steps to help piece the health puzzle together through coordinated school health programs.

**9:45 a.m.**

**Break in Exhibit Area**

**10:15 a.m.**

**Workshop Session #1**

**Session 1-A: Smart Schools Have Healthy Staff**

**Shari Hohos**

*Wellness Team Representative*

*Howell Public Schools*

**Edgar Turner and Robyn Seymour**

*Wellness Team Representatives*

*Bedford Public Schools*

**Lynn Mariin**

*Wellness Team Representative*

*Bark-River Harris Schools*

Does your school provide staff with convenient, low-cost opportunities to be physically active? Are healthy food options built into the culture for staff? A healthy and supportive school environment includes staff wellness as a priority! School staff are role models and an important component of the coordinated school health program. This session will provide participants with practical work site wellness ideas and resources, highlighting Michigan examples.

**Session 1-B: Healthy Choices at Every Turn: Venues Outside the School Lunch Program**

**Donna Hensey, MA, CFCS**

*Manager, Nutrition Marketing Programs*

*United Dairy Industry of Michigan*

**Shannon Carney Oleksyk, MS, RD**

*Nutrition Consultant*

*Michigan Department of Community Health*

Is your school a healthy food zone? Or is it "junk food lane" at every turn? Examine the new State Board of Education's "Healthy Food and Beverages Policy" and explore strategies to market and implement the policy in your school district. This inspiring session will provide participants with a roadmap of resources for vending machines that sell healthy food options and ideas for non-food classroom rewards and school fundraisers. Participants will hear motivational success stories from around the state. Establish your school's health zone by adopting this policy and ensure that "junk food" doesn't take up all the parking spaces.

**Session 1-C: A Coordinated Approach to School Health**

**Elizabeth Coke Haller, MEd**

*Coordinated School Health and Safety Program Manager*

*Michigan Department of Education*

**Pauline Pruneau**

*School Health Coordinator*

*Pontiac Schools*

**Barbara Flis**

*Health Consultant*

*Michigan Parent Teacher Student Association*

**Antoinette McCain**

*School Health Coordinator*

*Detroit Public Schools*

Healthy kids make better students and better students make healthier communities. A coordinated approach to school health can make a real difference in the academic achievement of students. Hear from a panel of Michigan schools that have been able to put the pieces of the health puzzle together in their schools and learn about the new State Board Policy on Coordinated School Health Programs.

**Session 1-D: Team Nutrition Show and Tell****Ann Guyer, RD***Associate Program Leader, Team Nutrition  
Michigan State University Extension*

What are Michigan Team Nutrition schools doing with all those fantastic Team Nutrition resources? Learn from experts just like you! Michigan Team Nutrition enthusiasts will describe the resources they're using, how they're using them, what works, and what doesn't. Find out how to make your nutrition education efforts easier for you and more fun and educational for your students using state-of-the-art, high-quality Team Nutrition and other nutrition education resources.

**11:30 a.m.****Workshops adjourn****11:40 a.m.****Lunch****12:15 p.m.****Luncheon Keynote Presentation: Taking Action for Healthy Kids****David Satcher, MD, PhD***National Chairman, Action for Healthy Kids  
Former U.S. Surgeon General***1:00 p.m.****Recess**

Stay in the ballroom for some physical activity.

**1:15 p.m.****Break in Exhibit Area****1:30 p.m.****Workshop Session #2****Session 2-A: Reading and Eating Healthy: Linking Nutrition Education with Literacy****Chris Flood***Program Leader  
Michigan State University Extension/FCS Programs***Melinda Graham***Healthy Reading Coordinator  
Michigan Team Nutrition*

Do you want to teach nutrition but just can't find the time? Integration is key. Discover how to use children's books with positive food and physical activity messages to teach nutrition education and beginning literacy skills, at the same time! Learn about and thumb through dozens of popular health-related children's books you can use to

teach to the state of Michigan Core Curriculum areas including English/Language Arts, Social Studies, Math, and Science. Each session participant will leave with a free children's book.

**Session 2-B: Principles of Character Education for Students of All Shapes and Sizes****Barbara Flis***Health Consultant  
Michigan Parent Teacher Student Association***Merry Stanford, MEd, MS***Health & Character Education Consultant  
Michigan Department of Education*

This workshop will emphasize the importance of a healthy and caring school environment where all students are respected, and respectful of each other. A respectful school can reduce stress, encourage school engagement and increase academic performance.

**Session 2-C: There Is No "I" in TEAM: How to best use an assessment tool to lead your school to the "promised land"****Nicholas Drzal, MPH, RD***Nutrition Education Consultant  
Michigan Department of Education*

Too often, we as school health champions take on the world by ourselves. Unfortunately, this leads many of us to experience "hoorah" burnout. Participants in this session will learn how to take the "I" out of TEAM by properly using a school health assessment tool.

**Session 2-D: EPEC and Other Physical Education Programs Making a Difference****Glenna DeJong***Vice President of Educational Programs  
Governors Council on Physical Fitness, Health and Sports*

Exemplary physical education starts with EPEC, Michigan's award-winning K-12 physical education curriculum. The Exemplary Physical Education Curriculum (EPEC) is based solidly on the State of Michigan and NASPE Content Standards and contains user-friendly instructional materials and assessments. Discover how to integrate EPEC's instructional lessons, teaching/learning progressions, and assessments into your existing physical education program. Learn about Choose Your Move, a PE-related after-school program that builds upon your PE curriculum. Also learn how to gain recognition for your quality PE program using the Governors' Council on Physical Fitness, Health & Sports Exemplary Physical Education Awards Ladder and implement recommendations from the new State Board of Education's "Quality Physical Education Policy."



**2:30 p.m.****Break in Exhibit Area****2:45 p.m.****Workshop Session #3****Session 3-A: Beyond PE - Outstanding Physical Activity Initiatives to Get Michigan Students Moving****Risa Wilkerson***Director, Active Community Environments  
Governor's Council on Physical Fitness, Health and Sports***Tammi Brummel***Physical Education Teacher  
Grandville Public Schools***Lisa Grost, MHSA***Public Health Consultant  
Michigan Department of Community Health*

Are your students moving? Physical activity provides many benefits for students, including improved concentration, motivation, health and academics. Changing policies and environment can assist with making physical activity part of a daily routine at your school. This breakout session will provide several ideas on how to increase physical activity at your school. Several Michigan physical activity initiatives will be highlighted, such as, Walk To School Day and Safe Routes to School, Brain Breaks, walking programs, All Children Exercise Simultaneously . . . and more!

**Session 3-B: Show Me the Money****Deborah Grischke, MS, CFCS***Nutrition Project Manager  
Michigan State University Extension***Gloria Bourdon, EdS***Director of Health, Safety and Nutrition Services  
Genesee Intermediate School District***Al Craven***School Health Education Consultant  
Genesee Intermediate School District***Pat Hammerschmidt, MS, CFCS***Program Leader  
Michigan State University Extension***Amy Malow, MS, RD, CNSD***Coordinator, Michigan Nutrition Network  
Michigan State University Extension*

Are you always scraping the bottom of the funding barrel? Don't have two pennies to rub together? This session will help you understand the elements of creative funding! Learn the ins and outs of writing a successful grant. Find out how to use federal, state and local funding opportunities to increase your Coordinated School Health Program dollars!

**Session 3-C: Healthy Choices at Every Turn: Venues Outside the School Lunch Program****Donna Hensey, MA, CFCS***Manager, Nutrition Marketing Programs  
United Dairy Industry of Michigan***Shannon Carney Oleksyk, MS, RD***Nutrition Consultant  
Michigan Department of Community Health  
See session 1-B for the description.***Session 3-D: A Coordinated Approach to School Health****Elizabeth Coke Haller, MEd***Coordinated School Health and Safety Program Manager  
Michigan Department of Education***Pauline Pruneau***School Health Coordinator  
Pontiac Schools***Barbara Flis***Health Consultant  
Michigan Parent Teacher Student Association***Antoinette McCain***School Health Coordinator  
Detroit Public Schools*

See session 1-C for the description.

**3:45 p.m.****Break****4:00 p.m.****Closing Remarks: You're Ready.. You're Set.. Now GO!****Howell Wechsler, EdD, MPH***Division of Adolescent and School Health  
National Centers for Disease Control and Prevention*

Now that I have this great information...what do I do with it? Learn solid ideas for action and "to do's" for the journey ahead. Become a leader and advocate for healthy schools.

**4:15 p.m.****Raffle - Must Be Present to Win!****Adjourn**



**Michigan Action for  
Healthy Kids™**

# Michigan Action For Healthy Kids Coalition Meeting

## **OPPORTUNITY FOR ACTION: FACILITATOR TRAINING**

**March 5, 8:30 a.m. - 3:30 p.m.**  
**Registration and Breakfast: 8:00 a.m.**

Be a leader for healthy kids. You can make a difference by attending MAFHK's facilitator training on school assessment. Learn how to help your school improve its nutrition and physical activity policies and environment. By the end of the training you will have the skills and tools to lead a school in your community to action toward a healthier school environment. Michigan's new assessment tool will be unveiled and shared with attendees.

The tool can help your school assess its physical activity and nutrition policies and programs based on state standards and guidelines. It's a simple, straightforward questionnaire that gives the Coordinated School Health Team members a basis for evaluating their school and making plans for improvement. The self-assessment and planning guide will enable your school to:

- ✍ **Identify the strengths and weaknesses of your school's health promotion policies and programs**
- ✍ **Develop an action plan for improving student health**
- ✍ **Involve teachers, parents, students, administrators and the community in improving school services**

**Please use the form on page seven of this brochure to register for the program. A healthy breakfast and lunch will be provided. There is no fee for the March 5 training. For more information on this program, contact Sharon Toth at 1-800-241-6455.**

Learn practical  
ways that other  
schools in  
Michigan have  
made positive  
changes.

Healthy students are better able to develop and learn. Healthy students who achieve full educational potential form healthy communities. Healthy communities will build a healthy America.

What is a Healthy School Environment? A healthy school environment gives students consistent, reliable health information and ample opportunity to practice healthy habits.

# REGISTRATION FORM

## REGISTRATION INFORMATION TYPE OR PRINT CLEARLY.

1. Please complete the registration form on the opposite page in its entirety.
2. The form must be received by FEBRUARY 20, to ensure receipt of the early registration rate. Payment may follow in the mail or be brought to the conference.
3. The early registration rate of \$50 is in effect until February 20. All registrations received after February 20 will be subject to the late registration fee of \$75.

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### TO REGISTER

You may FAX or MAIL your registration form to:

**Healthy Schools Conference**  
**c/o Diversified Management Services**  
**P.O. Box 423 Eaton Rapids, MI 48827**  
**FAX: 517-663-5245**

Make check or money order payable to:  
**HEALTHY SCHOOLS CONFERENCE**

The federal tax identification number is 38-3306727.

Refunds, less a \$15 processing fee, are available until  
**February 27 - NO EXCEPTIONS.**

FIRST NAME

LAST NAME

TITLE

ORGANIZATION

ADDRESS

CITY

STATE

ZIP CODE

TELEPHONE

FAX

E-MAIL

### REGISTRATION FOR MARCH 4:

**Fee Required-** Check the applicable registration category.

- ☐ Early registration (by February 20): **\$50**
- ☐ Full registration (after February 20): **\$75**
- ☐ Sponsor using complimentary registration—**No charge**
- ☐ Committee/Planning Partner using complimentary registration—**No charge**
- ☐ Exhibit staff with lunch; not attending sessions—**\$20**
- ☐ I am part of the \_\_\_\_\_ School District Team  
TEAMS SHOULD SUBMIT THEIR REGISTRATION FORMS  
TOGETHER, BUT EACH PERSON MUST SUBMIT THEIR OWN  
FORM

### PAYMENT INFORMATION FOR MARCH 4

- ☐ Check # \_\_\_\_\_ is enclosed. **MAKE CHECK  
PAYABLE TO HEALTHY SCHOOLS CONFERENCE.**
- ☐ Check will be mailed prior to or brought to the conference.  
Please charge my credit card: ☐ VISA ☐ MASTERCARD

CARD NUMBER

EXPIRATION DATE

NAME ON CARD (PRINT CLEARLY)

SIGNATURE

### REGISTRATION FOR MARCH 5: No Fee

- ☐ I will attend the March 5 Michigan Action for Healthy Kids  
Coalition Meeting.

### CONFERENCE WORKSHOP REGISTRATION

To help us determine room sizes, please indicate which  
workshop sessions you plan to attend. Use the **NUMBERED  
DESIGNATIONS** provided in the agenda. (eg., 1-A, 2-B, 3-D, etc.)

Session 1: 10:15 a.m. \_\_\_\_\_

Session 2: 1:30 p.m. \_\_\_\_\_

Session 3: 2:45 p.m. \_\_\_\_\_

### LUNCHEON SELECTION

- ☐ Chicken ☐ Salmon ☐ Vegetarian

### ADDITIONAL INFORMATION

Please check all information that applies to you.

- ☐ I have the following physical requirements:  
\_\_\_\_\_
- ☐ I have the following dietary requirements:  
\_\_\_\_\_
- ☐ You may include my name and contact information as it appears  
on this registration form in the conference program.
- ☐ I do not wish to have my name and address included in the  
conference program.
- ☐ Please send me information on how I can support the  
conference through sponsorship.
- ☐ Please send me information on exhibiting at the conferences.